

# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

## Polk County Nutrition and Physical Activity Coalition

### Contact Information

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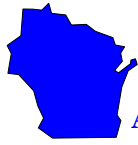
### Program Information

<b>Type of Program</b> Health Dept
<b>Year Coalition was Formed</b> 2003
<b>Primary program focus</b> Both Physical Activity & Nutrition
<b>Region</b> Western
<b>County</b> Polk
<b>Coalition Web Site Address</b>

### Program Information

<b>Represented Groups on Coalition</b> Business Community Government Health Care Health Dept Schools WIC Other	<b>Represented Professions on Coalition</b> Business Citizen Rep Dietitian Educator Exercise Specialist Nurse Physician Other
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

## School Board presentation regarding "Creating a Wellness Committee and Policy for Your School"

### Intervention Information

<b>Type of Intervention:</b>	Physical Activity & Nutrition Policy
<b>Focus Area:</b>	General Physical Activity & Nutrition
<b>Intervention Site or Setting:</b>	School
<b>Scope of Intervention:</b>	County
<b>Target Audience:</b>	All races and genders Ages 5-11. 12-19
<b>Total Population in Area Served:</b>	7250
<b>Number of Participants:</b>	7250
<b>Implementation Status:</b>	Ongoing

<b>Partners:</b>	CESA #11 and DPI Workshop - "What's Right for Kids - Improving the School Nutrition Environment"
<b>Unique Funding:</b>	
<b>Evaluation:</b>	Units Provided/Service data – monthly Impact on Behavior Health Data and direct observation – One-time Survey annually
<b>Evidence-Based or Best Practice based on</b>	<a href="http://www.cdc.gov/HealthyYouth/">www.cdc.gov/HealthyYouth/</a>

### Products Developed or Materials Used:

Successful School Programs" This handout was created to give ideas to schools and describes other local schools' success stories. PowerPoint presentation entitled "Creating a Wellness Committee and Policy for Your School"

### Intervention Description:

School boards are being encouraged to establish a School Health Advisory Council that would be responsible for creating the Local School Wellness Policy that is now mandated. We have used a county-wide school vending survey to measure the effect of our efforts. If an organized committee, that includes parents, students, school staff, administrators and board members, creates a wellness policy together within each school district, we hope to see improved vending and competitive food options county-wide.

A Wisconsin Nutrition and Physical Activity Intervention



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## Intervention Name Walking Workshop

### Intervention Information

<b>Type of Intervention:</b> Physical Activity - Environment
<b>Focus Area:</b> Biking/walking
<b>Intervention Site or Setting:</b> Community
<b>Scope of Intervention:</b> County
<b>Target Audience:</b> All races, genders and ages
<b>Total Population in Area Served:</b> 41,000
<b>Number of Participants:</b> 20-25
<b>Implementation Status:</b> One-time

<b>Partners:</b> Wisconsin Walks Friends of the LOG Greenway - group of community members concerned about trails in Polk County
<b>Unique Funding:</b> Wisconsin Division of Public Health, Diabetes Prevention and Control Program Mini-Grant
<b>Evaluation:</b>
<b>Evidence-Based or Best Practice based on</b>

### Products Developed or Materials Used:

### Intervention Description:

We are in the process of organizing a Walking Workshop through Wisconsin Walks. The goal is to bring together key community members and make a plan to get polk county citizens using out trails and sidewalks more. This may involve policy and environmental changes depending on the results of the workshop. We have also created a resource brochure that outlines physical activity opportunities in polk county.